

Abstract

Title: Sport and physical activities in senior population - situation and promotion in Cheb Town

The aim of this thesis is to examine what way of life seniors in Cheb prefer, what physical level they achieve and what specific programs and opportunities for leisure activities for this specific group of people in Cheb is organized. Conducted survey is to provide answers to questions primarily related to the level of physical activity of seniors and integration of these activities in their lifestyle and perception and satisfaction with their own health and life. Results of this work are the proposals that could help engage more seniors in an active lifestyle and proposals that could be considered by established organizations devoted to work with this specific group of people.